Daily Word

A UNITY PUBLICATION

JUNE 1958

Pray with Silent Unity

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION: **Through the power of Jesus Christ, I am inspired to speak words of wisdom.**

•

PRAYER FOR PROSPERITY: **In the name of Jesus Christ, blessings of increased good are poured out on me, supplying every need.**

•

PRAYER FOR HEALING: **In the name of Jesus Christ, I am set free and healed.**

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DAILY WORD

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Pronounce It Good

J. Sig Paulson

A mighty power has been given to every person—a power that each one uses, ignorantly or wisely, destructively or constructively. Used ignorantly, this power brings into our lives all kinds of distress, poverty, and unhappiness. Used wisely, this power transforms us spiritually, mentally, and physically and brings into our lives better health, success, and happiness. This mighty power, a tool that we wield each day, is the power of decree—the power to name or to determine the nature or character of our environment, our experience, and our very lives.

This great tool—the power of decree—is first called to our attention in the remarkable story of creation, which is found in the first two chapters of Genesis. I suggest that each of you take the time now to read this marvelous account. As you read you will realize that man (this means you and me) was not created to be the pawn of circumstance, the victim of conditions, or a puppet

yanked this way and that by powers beyond his control. Instead, we find that man stands at the very pinnacle of creation—that, far from being the door mat of the universe; he is, by the very nature of the powers given him by his Creator, the supreme authority designated by God to rule the earth and every created thing. Man is endowed with the very powers of the Creator, for "God said, Let us make man in our image, after our likeness: and let him have dominion." Man is the instrument through which the wisdom, love, life, and power of the creative Spirit find full expression.

God placed man in a responsive and obedient universe (including his body, affairs, and environment) that must carry out all the edicts or decrees of this supreme authority.

Man's power of decree is absolute; his dominion that God gave him is irrevocable. Although the Creator evaluates the basic nature of the universe as good, it can only appear good before man as he decrees it as such. As long as man was obedient to his Creator, stayed constructive in his thinking, and decreed in tune with the Spirit of good, which is the fabric of creation; he lived in a universe of good, "Garden of Eden." But when man "fell" and ate of "the tree of the knowledge of good and evil" he chose to base his thinking

and the use of his powers on both good and evil, which, as a free agent, he could do—he immediately found sweat and thistles mixed with his daily bread. Since the "Fall" man has been busily pronouncing his world both good and evil, and his experiences have been in accord with his decrees. This pronouncing shows strikingly how responsive the universe is and how far-reaching and complete man's dominion and authority are.

Throughout the ages intelligent persons have discerned the relationship between man's bondage to evil conditions and His own decrees. Jesus, for example, told us: "Judge not according to appearance, but judge righteous judgment," and "For with what judgment ye judge, ye shall be judged." Jesus realized the responsiveness of the elements and powers of the universe to the pronouncements of man. He knew that if man's verdicts were based on anything less than the knowledge that the universe is always good, he was, in effect, saddling the evil appearance on himself more firmly.

Judgments based on appearances are likely to be superficial and erroneous, and we must be very cautious in pronouncing such judgments. We should rather let our judgment be that of faith—that our lives and all that are in them are good.

It takes faith, faith in God and in the inherent goodness of life, to stand in the presence of a negative appearance and pronounce it good. Jesus demonstrated this faith nearly two thousand years ago when He decreed abundance at the appearance of lack and the multitudes were fed. He decreed wholeness in the face of disease, and the sick were healed; to violence He declared peace, and the storm was stilled; in the presence of death He decreed life, and the dead were raised. Jesus recognized this same great power of decree within all men and invited each of us to follow Him in bringing forth into our experience the kingdom of good, which the Creator has prepared for us. We can begin to follow Jesus only from where we are. So, let us begin to pronounce our world good with all the faith we can muster in the assurance that our faith, spiritual faculty that it is, will grow stronger with each decree of good.

You and I are the masters of our own worlds. You and I live in a universe that is responsive to our power of decree. You and I can transform our lives and our experiences through the exercise of the God-given powers we have, if we will lift our vision to the high plane of our Creator's evaluation of His creative work and pronounce our lives good.

You may say, "That's a little far-fetched to

imply that I can change my life for the better by merely calling things good"—or you can decide to try the experiment here suggested; all you need is the faith and the desire to begin. If there is a situation in your life that appears to be less-than-good, rather than referring to it (or thinking of it—oh yes, you CAN direct your thinking!) as evil, take a deep breath and declare: "Regardless of anything else, I know that God is in this situation and He will see me through. Therefore, I will call on God's power by pronouncing everything good." Or, you may declare: "Through my God-given power of decree, I pronounce you good," or simply, "I pronounce you good." Make this declaration each time the situation comes to your attention.

When we muster the courage and faith to pronounce a negative situation good, amazing things come to pass. First of all, we feel better because we have altered our faculties to the possibility and expectancy of good. We almost unconsciously start to look for good. We feel freer because we have begun to unload the burden of negative words, thoughts, and feelings with which we have been struggling. We find that our faith is miraculously stirred and strengthened and that all the forces within us rechannel their activity in the direction of good. Startling changes take place in our situa-

tions when we open the way for the power of God to flow into them. You can confidently expect all good things to happen in your life, if you will take the first step and pronounce everything good. The guidance of your own indwelling Spirit will reveal the other steps for you to take.

This principle applies, no matter what the situation or appearance is. If it is your body, do not call it weak, sick, tired, or old. You should declare instead: "I pronounce you good, every atom and cell filled with the living presence of God." If it is your pocketbook or bank account, do not refer to it as flat, empty, low, or exhausted. Declare: "I pronounce you good, filled to overflowing with the abundance of God." If it is your neighbor, do not judge him to be nosy, unethical, stingy, or cruel—declare: "I pronounce you good, created in the image of God and filled with His wisdom and love." If it is your work, do not label it as drab, uninteresting, or tiresome—say instead: "I pronounce you good, vital, important, remunerative, and worth-while." If it is a conference or a meeting, do not term it frightful, hopeless, depressing, or unfruitful—instead declare: "I pronounce this conference and everything connected with it good." If it is your family, do not class its members as unco-operative, unappreciative, intolerant, unkind, or unfair—

instead pronounce it good. Declare, "I pronounce my family and all its relationships good. I see my family filled with the wisdom, love, life, and understanding of God." If it is your mind, do not speak or think of it as dull, inefficient, or inferior in any way. Declare instead: "I pronounce you good, illumined by the wisdom of God, and open and receptive to His guidance."

As you begin each day, do not anticipate that it will be difficult, impossible, unpleasant, something you cannot face. Stand right up on your spiritual feet and declare: "I pronounce this day and all its activities good. I enter it strong and confident in the realization that God is with me through each experience." As the preparation for a peaceful and refreshing night's sleep, end your day with: "I pronounce this day and all its activities good. I relax, I let go. I rest in the faith that I have done those things which were before me to do and all is well. The power of God establishes my decree."

Remember you are the master of your world. You live in a responsive and obedient universe that is eager to show forth its true nature of good. It must obey the slightest decree of its supreme authority, YOU . . . take a good look, a God-look at your life, stir up your faith, and PRONOUNCE IT GOOD!

The following are excerpts from letters written to DAILY WORD. *We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use* DAILY WORD *and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.*

From Ohio:

I am very anxious for your wonderful DAILY WORD to start coming to our home, to my son's home, and to the home of one of my dearest friends. My sister received a subscription for a Christmas gift from her next door neighbor, and it has been such a blessing to her. Not long ago she was in our home for a visit and brought her copy of DAILY WORD with her. We were going

through a very troublesome time just then, and the magazine was such a great help to each of us.

I am a school teacher, and our young principal told me he dreaded to make his first talk at commencement and asked me to pray for him. I thought the "word" for that day seemed to be written especially for him; I took it to him, and he said he was helped very much by it. He kept it in his pocket during the commencement exercises.

I felt I just had to tell you this and express my appreciation for the good work you are doing.

From Illinois:

Today's DAILY WORD is for me. "I go forth to meet my good." I've put off going for something I need and reading it. I thought, "Why? What's delaying you?" Nothing, but my own small, personal self. So, I'm going today with the strong feeling, I am going to meet my good!

Although I wrote this letter September 7 I did not get to the postoffice as I have been so busy. But I want to tell you that on September 7 I went out for something I needed with the thought that "I go forth to meet my good." It just seemed to be for me. Needless to say, in spite of a very warm day and quite a long walk that I'd been dreading, I got just what I was in need of right

away. Furthermore, I walked more, stopped at two stores, and found several items I also wanted, which I thought I'd have to go three miles for. Both places were on my way home, and the sales people were so pleasant and obliging. I was having success since I had accepted and was acting on the statement—once you turn to God and act, everything is taken care of.

So you see, even though I did not mail the letter, in Spirit I had.

From Michigan:

Dear DAILY WORD:

Writing to you puts me in an unusually happy mood as I feel that I am writing to one of my best friends. I carry on so many intimate conversations with you. I feel that we are having a beautiful time together, all done through the Spirit of Christ, whose comforting presence is always with us to strengthen, guide, and show us the way.

From Canada:

It is strange that on certain days the message seems to be written especially for me. For instance, on one day when my job folded up, the message was, "Fear not. Somewhere an employer needs an employee." And someone did! I was

never out of work after this, and I feel that I have the privilege of helping the young people of my community in my present occupation.

In sickness, worry, and indecision, DAILY WORD is there to help me.

Best of all, the magazine has changed my whole outlook on life. I have learned to see the good points in others and to overlook any weaknesses. I have learned not to worry, but to have faith that all will turn out well.

First thing, I always take you (DAILY WORD) in my hand, bless you, and then down deep within my heart, call this our prayer meeting time; the results, as you so well understand, are wonderful. I am glad that you have such a wide circle of friends and I bless them along with you.

From Illinois:

I must try to tell you that at the age of 83 years I find such daily help and inspiration from the precious, little DAILY WORD. I never cease to wonder that it has a message for people of all ages and all walks of life. You writers of it certainly put your souls into it. And the souls of us are ageless, or it could not day after day meet such a universal need. I often say to myself that these are not just words, but a real heart and perceptive feeling are back of them.

Sunday

MY OWN COMES TO ME UNDER DIVINE LAW AND THROUGH THE ATTRACTING POWER OF DIVINE LOVE.

WE GO through life and gather unto ourselves that which belongs to us. The people we contact and our experiences in some way belong to us; they are extensions of ourselves. Love has drawn us into life; love has drawn to us that which we need—that which is for our good and growth.

Our own is with us through the irresistible force and power of divine love. That which is a part of us cannot be separated or lost from us. We should not fear the loss of our good; we should not feel insecure or afraid. Love is mighty within us—God's great love. In this love we are sustained; in it we are held secure.

Expanding, growing, and unfolding, we go from experience to experience in life, finding our own, meeting our own, and blessing our own. We come to know that our own is not just our personal possessions. Our own is the recognition of our brotherhood with all.

♣ *If we love one another, God abideth in us, and his love is perfected in us.*—I JOHN 4:12.

Monday

I PUT GOD FIRST AND EACH DAY I ACCOMPLISH ALL THAT I LONG TO ACCOMPLISH WITH EASE AND EFFICIENCY.

I PUT God first. Before I enter into the activities of the day I set aside a time to pray. No matter how crowded my schedule may be, I pray first. I know that when I put God first, He helps me to make orderly plans and wise decisions.

God gives me strength and energy for every task and for every demand made of me. With His help I do all that I must do with a light and happy heart, with joy and enthusiasm. I am loving, helpful, and good-humored. I am gracious, patient, serene, poised, and peaceful. I am efficient, and each thing falls into its rightful place.

Throughout the day I am conscious of God's presence. I am wonderfully free of every sense of burden and weight. I am wonderfully free of strain and worry.

Regardless of my responsibilities and regardless of urgent demands on my time, I put God first. I rejoice that each day is a day of achievement.

✤ *They that wait upon the* LORD *shall renew* their *strength.*—ISA. 40:31. (A.V.).

Tuesday

GOD'S LOVE FILLS MY MIND AND HEART, AND I AM FAIR AND JUST IN ALL MY DEALINGS WITH OTHERS.

I HAVE faith in God's love in the mind and heart of every man. I have faith that His love works in and through each person and each situation to adjust and harmonize all that needs to be made right. I will not let myself lose sight of God's love, even when appearances would indicate that I am being treated unfairly or unjustly.

I begin this day by affirming that God's love fills the mind and heart of every person and expresses through all those whom I contact. I hold fast to thoughts of love and believe that love responds to love. I am fair in my treatment of others in the faith that fair treatment calls forth fairness. I am just in all my dealings since justice, expressed through me, prompts just treatment from others. Because outer appearances can be misleading, I look only into the hearts of other persons and know that God's love is there and is seeking expression.

♣ *What doth the* LORD *require of thee, but to do justly, and to love mercy.*—MICAH 6:8. (A.V.).

I WALK IN ABUNDANCE, FOR GOD IS THE CONSTANT SOURCE OF MY SUPPLY.

I WALK in abundance. I lack no good thing, for God, who is everywhere evenly present, is the instant supplier of my every need.

As I keep my trust in God, the fulfillment of my needs will never be delayed. I am not alarmed by any appearance of lack. What seems to be lack is only my shortsighted vision.

Through prayer I lower the bucket of faith into the well of abundance by acknowledging God as the source of my supply. Each time, never failing, this prayer of faith brings me running-over returns. There is no lack.

I spend fearlessly that which I already have—not recklessly, but fearlessly. With divine wisdom guiding me, I spend my money freely and wisely, never holding back, never regretting; the void, made by my using and giving, will immediately be filled from the reservoir of infinite wealth, which is mine through faith.

I walk in abundance for God is the constant source of my supply.

✤ *The* LORD is *my shepherd; I shall not want.*—PSALMS 23:1 (A.V.).

Thursday

I REJOICE IN LIFE. I AM GLAD TO BE ALIVE.

I REJOICE in life. I am glad to be alive and am thrilled with each radiant God-filled moment. I am grateful for life. I bless whatever helps me to express and experience life more fully.

I accept life. I do not shrink from its challenges, nor resent its responsibilities. It is glorious to be endowed with life and trusted by God to live it.

I seek life. I shun all that hints of stagnation and decay and let go of outworn, useless things and beliefs. I continually improve on the past; I am better today than I was yesterday and I will be better tomorrow than I am now.

I love life, and God is life. He is the life I see everywhere about me and the life within my own mind and body. I cherish and reverence life. Each beat of my heart and each breath I draw assures me of His nearness. I accept life. I am grateful for life and live it gladly, fully, and victoriously.

I am alive with the life of God.

He that would love life, and see good days . . .
Let him turn away from evil, and do good.
—I PET. 3:10, 11.

I AM A CHILD OF GOD. I HAVE DOMINION OVER EVERY LIMITING HABIT.

I NO longer think of myself as subject to adverse habits, which bind and limit my free, happy expression. My mind, body, and spirit are the handiwork of God. He has endowed me with unconquerable strength and courage to achieve complete dominion and mastery.

Even though habits may be of long standing, I can exercise my divine birthright. No matter what pressures I am under, no matter what temptations come my way; I can assert my spiritual dominion. God is my refuge. His power is strong within me, giving me just the help that I need at just the time that I need it.

I declare my divine birthright, knowing that I am never alone. I grow in self-assurance as I grow in an understanding of myself as God's child.

The strength of God gives me faith and courage to help others find the wonderful freedom that I have found. God has set me free, and I rejoice and affirm this same freedom for all people everywhere.

♣ *If therefore the Son shall make you free, ye shall be free indeed.*—JOHN 8:36.

Saturday

I LEARN THE LANGUAGE OF LOVE AND I FULFILL THE LAW OF LOVE.

JESUS taught the language of love. He made God's love understandable; He assured those who listened that He was not asking the impossible when He asked them to love one another.

Right where we are, in our present environment, it is possible for us to learn the language of love. We can make vital changes in our personalities and in our living conditions by learning this language. We can change the entire pattern of our thinking and gradually change the pattern of the thinking of the world by using the universal language of love.

How do we learn this language of love? By having faith, first, that we share with Jesus in the Christ Spirit. The next step is to allow this Christ Spirit to direct us. The language of love flows easily from the lips of those who follow the Christ. Using the language of love is the natural result of such action or practice, and we find open doors before us to a new life filled with abundant good.

✤ *This is my commandment, that ye love one another, even as I have loved you.*—JOHN 15:12.

I AM WILLING TO LET GOD'S WILL BE DONE IN MY LIFE.

MANY times we hesitate to surrender ourselves completely to God and to ask for His will to be done in our lives because we associate the will of God with something unpleasant. But submitting to God's will simply means to let more of God, more of His good, into our lives. No matter what the situation may be that we must meet, if we will ask in all sincerity for His will to be done we will open ourselves to a force that always brings perfect results.

"It is your Father's good pleasure to give you the kingdom," said Jesus. We all want more vitality and health in our bodies. We desire a greater amount of prosperity in our affairs. Peace with our fellow men is necessary for our well-being. Joy, contentment, and love round out our personalities and make us well-adjusted. These blessings are our heritage, and we receive them when we let God's will be done in us. We bring God's good will into expression by letting Him have dominion in our thinking and feeling.

♣ *My meat is to do the will of him that sent me.*—JOHN 4:34.

I AM RENEWED IN THE SPIRIT OF MY MIND. I AM NEW IN CHRIST.

SOMETIMES WE wonder if it is really possible for us to be different, to change; we wonder if it is true that we can begin again.

We can always change; we can always begin again—no matter what has gone before, no matter what our past life or experience. The change, the new beginning, is from center to circumference. This inner renewal begins first in our minds and it affects and transforms our lives.

The renewing of our minds is a spiritual process that is accomplished through prayer and affirmations. We begin right where we are to change the tenor of our thinking from negative to positive. But we are not alone in our efforts to put on the new man for we have the Mind of Christ, which emerges strong and powerful in us as we make the effort to align ourselves with it. Let us know that we have the Mind of Christ; let us know that we are renewed by the renewing of our minds through Christ.

♣ *Be renewed in the spirit of your mind, and put on the new man, that after God hath been created in righteousness and holiness of truth.*—EPH. 4:23, 24.

I REJOICE AND GIVE THANKS FOR ANSWERED PRAYER.

I KNOW that prayers are answered. If doubts should creep into my mind, I immediately reaffirm my belief in answered prayer. As I do so I become conscious that the idea expressed in my prayer holds within it the answer itself.

I know I am one with God; I am a channel through which He expresses. The yearnings and desires within me are His way of giving me that extra push I need to bring more of His goodness into my life and the lives of those whom I touch.

Not only do I give thanks for answered prayer but I also remember to give thanks when my joy is overflowing.

I rejoice and give thanks before my blessings appear. I can do this because I know that God's will for me is only good. This knowledge helps me to stop questioning the effectiveness of prayer and to turn away from wrong thinking habits.

I am quietly aware of the presence of God in the silence of prayer; I have a thankful heart that is receptive to the good.

✤ *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.*—MATT. 21:22.

I AM IMPORTANT—IMPORTANT TO GOD, TO MYSELF, AND TO ALL THE WORLD.

START off your day by affirming: "I am important!" This is not egotism. Rather it is the recognition that even in a world of big things, there is still a place for the individual.

You are important to God. You are His channel of expression. God works through you to accomplish His great and wise purposes. You are important to yourself for you are the architect of your life. Only you can fully enter into the soul-stirring possibilities that you envisage. You are important to the world. There is at least one thing that you alone can do; until you fulfill this God-given mission, something will remain incomplete.

Take this moment to realize that God needs you and approves of you. Say quietly and earnestly, "I am important." Even while you are speaking you may catch an echo of some words spoken long ago: "This is my beloved Son, in whom I am well pleased."

Jehovah hath said unto me, Thou art my son; This day have I begotten thee.

—PSALMS 2:7.

The Heart

rt That Trusts

R. H. GRENVILLE

Strong things are quiet.
  Waves may leap,
But the heart of the ocean
  Is calm and deep.

Though change of seasons
  Bring change of scene,
The hills and the mountains
  Stand serene,

And the heart that trusts
  In the power of prayer
Is a heart that finds
  God everywhere . . .

Though the waters rise
  And the winds increase;
The heart that trusts
  Is a heart at peace.

Thursday

JUNE 12

THERE IS A NEW BEAUTY IN ME, FOR I AM INTERESTED, RESPONSIVE, AND RECEPTIVE.

HAVE YOU ever tried to identify that something in a person that makes him beautiful? As your heart carefully and prayerfully searches for the meaning of beauty, you find it not in a certain type of face or figure, not in a person of a certain age. Beauty peers from eyes of any color; beauty graces large and small; beauty is in the infant and in the person who is blessed by years, but untouched by time.

As we think of beauty we realize that the person who best fulfills our ideal of beauty is that person who is interested, responsive, and receptive.

To be interested in life and in people is to be radiant; to be responsive is to be giving; to be receptive is to be willing. So, as we pray today, let us pray to be interested, responsive, and receptive. Our prayer will be a real beauty treatment! We will find ourselves renewed and ready to accept and express the true beauty from within that assures us of lasting outward beauty.

♣ *Thou shalt also be a crown of beauty in the hand of Jehovah.*—ISA. 62:3.

Friday

I GO FORWARD THIS DAY WITH STRENGTH AND COURAGE TO DO THE THINGS THAT NEED TO BE DONE BY ME.

OFTEN when we are faced with complex problems we know deep within our minds and hearts what should be done. But sometimes we feel we are not capable of mustering the strength and the courage to do these things. Remember that in God we can always find all the strength and courage that we need to step out and to do that which we know is right.

No matter how great a step we have to take, if it is the right step, God can help us. If we should change the entire course of our lives, God can give us the strength and the courage to do this. If we should continue on our present course, God can give us the strength and the courage to do this. God's light can shine on our way and can make clear the step we should take; His strength can be our strength, and our experiences will add to our spiritual stature.

♣ *Be strong, and of good courage . . . for Jehovah thy God is with thee whithersoever thou goest.*—JOSH. 1:9.

LET THERE BE LIFTING UP.

WHEN a letter, a long-distance call, or a telegram is received in Silent Unity that asks for comfort and for strength for those who lost a loved one, we instantly declare, "Let there be lifting up!"

We understand this experience. We know the changes that must be made, the adjustments that must be handled. We are deeply conscious of the emotions that are stirred at such a time; we know the questionings that are aroused. And we know the importance of "Let there be lifting up." Nothing is to be gained by a great display of negative sympathy. Such sympathy simply weakens those persons who are already being challenged in such a measure.

Even as our prayers go out to those in need, we see them lifted up in countenance and lifted up in heart. We see them lifted up in the ability to go about the business of living in a way that will mean facing each day with faith and filling it with good and profitable reactions. So, in faith, we pray, "Let there be lifting up."

♣ *Peace* be *unto you.*—JOHN 20:21.

LOVING GOD I EXPRESS ONLY LOVE.

FOR MANY persons this day is set aside to give special attention to their fathers. While we think lovingly about our fathers, let us think searchingly about the Father of each of us—God.

The expression of love toward our family is one of the ways we have of expressing our love for God. This latter expression of love is equally one of the ways we have of showing our love for people. Love is not a sentimental show or a glib flow of pretty words; it is giving our attention to those we love; love is a willingness to serve, a desire to be one with, love is a warm readiness to do and to be that which pleases others.

As we give first thought to God, willingly serve His good purposes, desire to be one with Him, and are lovingly ready to do our best and to be our best, we are truly filling this day with meaning. This day will not only be meaningful to the Father of us all, but also to the natural fathers we are blessing in our thoughts and in outer ways where that is possible.

✤ *Hereby we know that we love the children of God, when we love God.*—I JOHN 5:2.

Monday

JUNE 16

I RELEASE FEAR, TENSION, AND ANXIETY. I LET GO AND LET GOD.

IF YOU have ever tried to start a car with the brake on you know what happens. You are blocked in your efforts. Now a person could wear down the resistance of the brake by forcing a car into motion, but how much easier it is just to release the brake!

Sometimes we try to set something into action in our lives without releasing the brake. We may, for instance, pray for prosperity; yet we may still let the belief in poverty have a firm grasp on our mind. We need to release this belief by simply letting go of it and then we shall move forward into a new realm of thought that is rich and prosperous.

We may want health and try to force health into expression. The mental or emotional block may be fear, tension, or anxiety. Rather than straining or striving for results in the outer, let us set the inner man right; let us release the fears and tensions, let us let go and let God's Spirit carry us forward into life, freedom, and peace.

♣ *Take up the stumbling-block out of the way.*—ISA. 57:14.

Tuesday

I ACCEPT CHANGE WILLINGLY. I HAVE CONFIDENCE IN THE OUTWORKING OF MY GOOD.

LIFE IS in bloom all about me. In nature I see the outworking of good that comes from change—the unfolding, renewing process of life. If a slow-crawling caterpillar can be transformed into a graceful, colorful butterfly, soaring like a bird, and momently fluttering to a standstill—as if suspended in silent praise of its Creator—then greater change awaits me in my life.

I accept change willingly in the confidence that God's Spirit within me will show me how to meet any challenge. God has given me the freedom to accept and to prove myself as a spiritual being.

Nature teaches me. The butterfly inspires me. My Father's will strengthens me. I know an order exists through which my life is designed for growth and expansion. I stand still, apart awhile, to praise God that I am not fashioned according to some limited, confining condition of man's making. I am transformed by the renewing of my mind that I may express the will of God.

♣ *And be not fashioned according to this world: but be ye transformed by the renewing of your mind.*—ROM. 12:2.

THE HEALING, RESTORING LIFE OF GOD NOW FILLS YOUR BODY TEMPLE. I SEE YOU STRONG, WHOLE, FREE, PERFECT.

I BEGIN my day by affirming my faith in the healing life of God within His children. His life flows continually in and through all His creation, renewing, healing, and restoring.

To those in need of healing, I say: "Today I see you as God means for you to be—strong, vital, free, whole, and perfect. God's life fills each nerve, cell, and organ of your body. I bless His life within you and give thanks that this very moment you are responding to His healing, restoring power.

"I give you lovingly into God's care and keeping. I let go of any anxious thought concerning you. I hold continually to the thought that God's healing life and power are always present in the midst of you and that they are released in you. I see you quickened and restored. I see you expressing the wholeness and perfection that have been yours from the beginning. I praise God and I praise His life within you."

♣ *Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?*—I COR. 3:16.

I GROW SPIRITUALLY BY THE PRACTICE OF PRAYER.

PRAYER is always possible. When I consciously lift my thoughts and affirm my faith in God's power I am spiritually awakened. At work, at home, or when I am walking alone; I find many times of the day to think and speak words of Truth.

Spiritual growth is a living experience, because I consciously seek the good in all my activities and in all my relations with other persons. Truth is expressed each time I call forth my good with prayers and affirmations.

In the face of any illness, I speak words of healing; for every appearance of lack, I declare words of abundance. I think order in the midst of apparent disorder. My pronouncement of good is a practice of prayer.

I train my mind by keeping it focused on all that is Godlike or on all that is good. I translate my thoughts into positive words that fit my needs. When I clear my mind and renew my faith in this way I am spiritually blessed each moment.

♣ *Blessed are they that hear the word of God, and keep it.*—LUKE 11:28.

I DO NOT DESIRE WHAT ANOTHER PERSON HAS. I KNOW MY OWN WILL COME TO ME.

SOMETIMES it may seem difficult for us to obey the commandment not to covet what belongs to our neighbor. When we see someone else succeed easily where we have failed after long and earnest effort, receive a reward we have sought or gain a possession that we have longed for we may easily become envious.

At such times let us remember that our good comes from God and that no person other than ourselves can limit it. Plenty exists for our needs; when another receives a blessing this does not deplete the good that is in store for us.

Our part is to keep ourselves ready to receive the good that we desire by looking to God for our supply rather than to some other source. Just as there are many mansions in the Father's house, so there are many avenues through which His good can come. Let us remember that our good comes from God and be ever alert to use whatever idea He gives us to bless ourselves and others. Let us know our own will come to us.

♣ *For your heavenly father knoweth that ye have need of all these things.*—MATT. 6:32.

Saturday

I GIVE THANKS THAT GOD HAS GIVEN MY LOVED ONES PERFECT FREEDOM AND THE STRENGTH TO CHOOSE WISELY AND RIGHTLY.

I DO NOT bind others to me but I constantly bless them and encourage them. I keep my own thoughts right, knowing only the truth about those who are dear to me.

I give thanks that God has given my loved ones perfect freedom and the strength to choose that which is right and good. This realization fills me with a sense of peace. As I place those whom I love in the Father's care, I know that He in His infinite wisdom is leading them. He is their perfect guide and teacher.

I know that each individual has the divine right to express his true Christ self. Therefore, I see my loved ones unfettered and free to follow their own divine leadings.

I endeavor always to live and act with the good of others in mind and to have a willingness to see that good express itself in their lives and affairs. I know that where the Spirit of Christ is the Spirit of divine love, there is true liberty for all.

✤ *For freedom did Christ set us free.*—GAL. 5:1.

MY HEART IS FILLED TO OVERFLOWING WITH REVERENCE FOR THE SPIRIT OF LIFE, NOW MANIFESTING EVERYWHERE.

IN STAR, tree, stick, and stone; in bird and beast, and in every atom and cell of man; one common Spirit of intelligence directs and animates, and in all the circumstances of life, one divine destiny is also threading its beautiful plan and purpose.

I see nothing as mean, unclean, or unworthy; I behold the life, substance, and radiant intelligence of God in everything. "All things were made through him; and with him was not anything made that hath been made." I am filled with constant awe at the breath-taking thought of His omnipresence.

I have a profound reverence for everything animate and inanimate in all creation for I recognize God's loving pulse beneath the surface. For every breath I breathe and for everything I see, I sing praise to Him and realize with Moses that the place where I stand is, indeed, holy ground, the life that I live is His life.

♣ *Whither shall I flee from thy presence?*—PSALMS 139:7.

Monday

I AWAKEN EACH MORNING WITH A JOYOUS SPIRIT AND I AM BLESSED ALL DAY LONG.

THE attitude we take when we awaken in the morning is the attitude that molds our day. Why not let this be a joyous attitude?

When we maintain a joyous attitude or when we are in a joyous spirit, our eyes shine; our bodies then respond with perfection, and our affairs fall into divine order. When we are in a joyous spirit, our daily tasks become easier; we also have a deep feeling of accomplishment, and happiness and prosperity flow to us.

When we are in a joyous spirit, each person we contact is blessed. A kind word or a cheery smile that we give to the person we work with, the neighbor across the way, or a stranger we meet on the street will enrich his life and add happiness to his day. When we know that we have been a blessing to another in any way, this makes us feel warm inside and gives us a feeling of satisfaction.

With the assurance that each day is God's wonderful day, let us say, "I awaken each morning with a joyous spirit and I am blessed all day long."

♣ *Enter thou into the joy of thy Lord.*—MATT. 25:21.

Tuesday

JUNE 24

LET THE WORDS OF MY MOUTH BE RIGHT WORDS, FITLY SPOKEN.

THERE ARE times when I feel that I talk too much. There are other times when I wish that I had the right word to speak, the happy thought to express. So, today I pray to know just when to speak and just what to say.

Prayer helps me to find the center of poise within myself, that center where my thoughts are ordered aright. When I am poised I do not waste time in idle chatter; I also do not speak words that I later regret and I am guided to speak when a word will bless a person or a situation. When I am poised, my friendly, loving, and happy spirit radiates from everything that I do, as well as through everything that I say.

Poise brings the added grace that stimulates me to speak when circumstances demand it. Knowing there is a season for happy discourse and a season for the serious exchange of ideas, I pray that the words of my mouth be right words, rightly spoken in a right spirit.

A word fitly spoken
Is like *apples of gold in network of silver.*
—PROV. 25:11.

I WELCOME LIFE IN ALL ITS ASPECTS FOR I SEE IT AS A PATH OF DAWNING LIGHT.

IT IS a sign of youth and vitality to be able to adjust ourselves to new and different conditions. Youth and vitality are not dependent on years; they depend on our attitude and reaction to life.

If we can remember that we have a Spirit in us that is capable of meeting anything and if we can remember that, as spiritual beings we are equal to challenging circumstances or conditions we can keep ourselves alive and youthful and keep flexible in our attitudes. We do not resist change; we do not think first of our comfort, but rather we look at life and see it for what it really is—a path of growth and unfoldment.

We enthusiastically welcome life in all its aspects, knowing that we are larger than minor discomforts or inconveniences and that we are prepared spiritually to rise up in faith when major issues confront us.

"This is the day which Jehovah hath made;
We will rejoice and be glad in it."

♣ *The path of the righteous is as the dawning light.* —PROV. 4:18.

WHEREVER I AM, GOD IS!

WHEREVER I AM, God is. He is with me as my protection. God is with me in my home, in my travels around the countryside, and in my journeys by air, water, or land. Wherever I am, God is.

Wherever I am, God is. He is with me as intelligence to direct me. God directs me in the care of my physical body, in my diet, in my exercise, in my forms of recreation, and in the hours that I keep. Wherever I am, God is.

Wherever my loved ones are, God is. He is with them as protection and as intelligence. He watches over their coming in and their going out. Wherever they are, God is.

Wherever we are, God is. Since we are all one in Spirit and all one with God we can never feel any sense of loneliness, any sense of leaving or of being left. When our ways seem to take different directions, we can know we are but a thought apart, a prayer away. In our unity of purpose we travel toward the single goal; we are one.

He that keepeth thee will not slumber. . . .
Jehovah will keep thy going out and thy coming in.
—PSALMS 121:3, 8.

Friday

I AM RICH IN THE TREASURES OF HEAVEN.

I GIVE thanks for the treasures that are mine: friends, health, happiness, the many beauties of nature, and the things that draw me nearer to God and that keep my heart attuned to His love.

I give thanks for the conditions through which I grow and develop the qualities of character that make my life an inspiration to others.

No condition burdens me, for the Father's strength helps me to handle it; His wisdom gives me the proper perspective concerning it. No situation is too difficult for me to meet with courage and poise, for the Father's love makes me understanding; His power gives me peace of mind.

My heart sings a song of joy for the Father's many gifts to me. I rejoice in His love, in the good He expresses through me, and in the happiness that is mine to enjoy.

I give thanks that I am a beloved child of God. Because I love Him, all things are working together for my highest good.

♣ *Jehovah will open unto thee his good treasures the heavens, to give the rain of thy land in its season, and to bless all the work of thy hand.*—DEUT. 28:12.

DIVINE LOVE HAS MADE ME MASTER OVER EVERY CONDITION IN MY LIFE.

A WISE captain, who has anchored his ship, is not alarmed by the tumult of the waves. The surface of my life, like the face of the sea, is varying or changing. But, like the wise captain, I am undismayed by its seeming contradictions, for divine love is my anchor.

God's promises are not idle, fanciful things. They are strong, vital expressions of an underlying law of good, which is active everywhere in the universe. I am undismayed by negative reports and conditions because I know that I do not have to accept them. I am not at the mercy of life. Divine love has made me master over every condition in my life.

The same power that stilled the waves on Galilee and that healed the sick and fed the hungry is active in my life now. I accept it. I trust it. I am serene and unafraid, because this power is my assurance of victory over even the most trying or difficult situation.

This power has made me master over my life.

♣ *Fear . . . not, for I am with thee; be not dismayed, for I am thy God.*—ISA. 41:10.

I GIVE THANKS FOR THE POWER TO BLESS ALL THOSE WHOSE PATHS CROSS MINE.

BLESSING is life! It uplifts the person who receives it and returns to the sender to fill him with joy and perfect peace.

When we are tempted to criticize another, let us pause and remember that he is God's child, created in the Father's image. Then, instead of condemning him, let us bless him and know that the unlimited wisdom, ability, love, and beauty of God are even now unfolding in him.

We know that God's love is not limited. It includes all His children everywhere, regardless of race, color, or creed. As we seek to do His will, the Father's love grows in our hearts and is expressed through us.

Let us ask in prayer to be kind in our thoughts and attitudes and to refrain from criticism. Let us pray to speak only words of praise and loving-kindness so that we may be radiating centers of divine love, mighty to attract our good and to radiate good to others.

✦ *Blessed* be *the God and Father of our Lord Jesus Christ, who hath blessed us with every spiritual blessing.*—EPH. 1:3.

IN THE QUIETNESS OF THIS MOMENT, I KNOW I AM ONE WITH GOD.

DEAR FATHER, in the quietness of this moment, I turn lovingly to Thee. With Thee there is rest and peace. Beyond the cravings of human hunger and the tumult of countless inner longings, I realize that all my desires have their perfect fulfillment in Thee.

In the quietness of this moment, I realize that my prayers are heard and answered. Each need is met. Darkness gives place to light; weakness is transformed into strength; sorrow is turned into joy, and each appearance of sickness is replaced with abounding health. Each feeling of separation or loneliness vanishes as I hear the assuring words: "Lo, I am with you always."

In the quietness of this moment, all things are found in Thee. Each need is but a challenge for me to open wider my heart and life to Thee so that I may be filled with the fullness of Thy love and peace.

Dear Father, I give thanks for this quiet moment in which I know that I am truly one with Thee.

♣ *Jehovah will receive my prayer.*—PSALMS 6:9.

GIVE YOUR CHILDREN A POSITIVE SET OF VALUES

A writer has recently said, "No one can go through life successfully without a positive set of values."

All parents wish to give their children a sense of the real values in life. They want to teach them to give their allegiance to Christian principles rather than to the worldly goals that are sometimes over-emphasized today; but often it is hard to know just how to go about giving such teaching in a way acceptable to youngsters.

The *Unity Sunday-School Leaflet* can help you. Through using it in your family, your children will become familiar with the great underlying messages of Biblical stories and will learn how to use the Bible as a practical manual for everyday living. They will learn these things during the years when the quest for faith comes easily and naturally, and the knowledge will be with them throughout their lives.

The *Unity Sunday-School Leaflet* is mailed monthly in packages containing a *Leaflet* for each Sunday of the month and a *Teachers' Section*. It is priced at only $1 a year. Order today and have this expert help in giving your children a positive set of values.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

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Unity School of Christianity, Lee's Summit, Mo.

(PLEASE PRINT ALL NAMES AND ADDRESSES)

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TWO GRAND GIFTS FOR GRADUATES

If there are students in your family or in your circle of friends, you will be glad to hear about these two outstanding gifts for graduates—gifts that are truly useful.

You magazine is Unity's "best-friend to teen-agers." It contains stories, articles, and poems all tailored to suit young people and chosen especially to help them live happy, successful Christian lives. One girl, in asking that her subscription now be sent to her at college, writes: "*You* is indeed a problem solver for many bewildered young people. Each issue helps me with the everyday incidents of my life, and I look forward each month to my new copy." *You* is priced at only $1 a year.

Practical Christianity for You, by James E. Sweaney, is a collection of articles written by the editor of *You* magazine. In clear and fascinating style the book takes up such topics as "Achieving a Healthy Attitude toward Religion," "The Art of Constructive Thinking," "Effective Prayer," "Living Harmoniously with Others," and many more. Teen-agers will be interested in this book and will learn valuable lessons from it. Price, $1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

The Triple Rose

JAMES DILLET FREEMAN

I saw upon one stem
Three roses, and in them
Could of a sudden see
God in His Trinity.

For one rose is my flesh:
Here in this fair rose-mesh
Of sense and sight and sound
Life is enthroned and crowned.

And one rose is my mind:
Out of the undefined
And formless light of thought,
Eternal Truth is wrought.

And one rose is my heart:
I know that I am part
Of God, being capable of
The selflessness of love.

I saw upon one stem
Three roses, and in them
Could of a sudden see
God's triple rose in me.